

ABSTRACT OF THE DISCLOSURE

There is provided a light emitting device and an electronic appliance, which are light and have low consumption power and superior durability. In an organic EL element in which high light emission efficiency is obtained by converting triplet excitation energy into light to be emitted, a spiro compound having a higher heat resistance than a conventionally used material or an organic compound having high molecular stability is applied. Thus, an organic EL element which is light and has low consumption power and superior durability is obtained. Using this organic EL element, the light emitting device and the electronic appliance are manufactured.